BUREAU OF CHILD CARE LICENSING APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (1)	Tuesday (2)	Wednesday (3)	Thursday (4)	Friday (5)
Breakfast								
(Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Peaches	Pineapple	Apple Sauce	Oranges
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Bran Muffin	Biscuits	Pancakes	Cheese Toast	Cold Cereal
or Cereal Cold, dry	1/4 cup	1/3 cup	3/4 cup					
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items					Country Gravy	Syrup		
A.M. Snack								
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce	Fruit Cocktail		100% Fruit Juice	
Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Raisin Bread	Pretzels	Corn Bread	Cheese Crackers	Peanut Butter Cookies
or Cereal Cold, Dry	1/4 cup	1/3 cup	3/4 cup					
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items						Honey Butter		
Lunch								
(Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish	1 oz.	1 1/2 oz.		Beef & Cheese Stroganoff	Baked Beans & Hot Dogs	Chicken Nuggets (CN Labeled)	Bean & Cheese Burritos	Bologna & Cheese Sandwiches
or Cheese	1 oz.	1 1/2 oz.	2 oz.	200. di Oniocco Careganion	James Jeans a Het Jege	omenem raggete (ert zazetea)	(CN Labeled)	
or Cottage Cheese	2 oz.	3 oz.	4 oz.				,	
or Eggs (Large)	1/2	3/4	1					
or Cooked Beans	1/4 cup	3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3 Tbl.	4 Tbl.					
or Nuts (½ Serving)	1/2 oz.	3/4 oz.	1 oz.					
or Yogurt (Commercial Only)	1/2 cup	3/4 cup	1 cup				-	
3. Fruit and/or Vegetable	1/4 cup	1/2 cup	3/4 cup	Peas	Apple Sauce	Mashed Potatoes	Corn	Pineapple
(2 different items for a total serving. Serving must be at least 1/8 cup.)				Pineapple	Corn	Green Beans	Tropical Fruit	Carrots & Celery Sticks
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Noodles	Corn Bread	Rolls	Tortilla Shells	Bread
4. Grain/bread of Alternate	1/2 Slice	1/2 Slice	1 Slice	Bread	Com Bread	Rolls	(Flour or Whole Corn)	Breau
Other Non-Credible Items				Dioda		Gravy	(1 lour of Whole Colly)	Mayonnaise & Mustard
P.M. Snack						Ciavy		Mayorinaise & Mustara
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup		Milk		Milk	
Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apricots		Apple Juice		Fruit Cocktail
Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.	7 (7110000		7,500 00100		Truk Godkan
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Crackers	Carrot Cake	Wheat Crackers	Peanut Butter & Jelly	Snack Crackers
or Cereal Cold, Dry	1/2 slice 1/4 cup	1/2 slice 1/3 cup	3/4 cup	CIACKEIS	Callul Cake	Wileat Clackers	Sandwiches	SHACK CLACKELS
or Cereal Hot or Pasta	1/4 cup	1/3 cup 1/4 cup	1/2 cup					
Other Non-Credible Items								·

BUREAU OF CHILD CARE LICENSING APPROVED MENUS

	AGE	AGE	AGE					//->
MEAL	1-2	3-5	6-12	Monday (6)	Tuesday (7)	Wednesday (8)	Thursday (9)	Friday (10)
Breakfast								
(Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Pears	Orange Slices	Apple Sauce	Bananas
3. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	English Muffins	Toast	French Toast	Biscuits	Cold Cereal
or Cereal Cold, dry	1/4 cup	1/3 cup	3/4 cup	Linghor Mullino	10031	Tichon Todat	Discuits	Cold Cerear
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items					Butter & Jelly	Syrup		
A.M. Snack					Dation di cony	٥,, ۵,		
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup	Milk				Milk
Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup		Apple Sauce	Fruit Juice	Vegetable Sticks	
Meat or Alternate	1/2 oz.	1/2 cup			Apple Sauce	1 Tult Juice	vegetable Sticks	
			1 oz.					
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Donuts	Bran Muffins	Cinnamon Toast	Saltine Crackers	Oatmeal Cookies
or Cereal Cold, Dry or Cereal Hot or Pasta	1/4 cup	1/3 cup	3/4 cup					
	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items						Butter		
Lunch								
(Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.	Com Dogs (CN Labeled)	Macaroni & Cheese with Ham	Spaghetti with Meat Sauce	Fish Sticks (CN Labeled)	Ham Slices
or Cheese	1 oz.	1 1/2 oz.	2 oz.	Cheese Sticks		& Cheese		Cheese Slices
or Cottage Cheese	2 oz.	3 oz.	4 oz.					
or Eggs (Large)	1/2	3/4	1					
or Cooked Beans	1/4 cup	3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3 Tbl.	4 Tbl.					
or Nuts (½ Serving)	1/2 oz.	3/4 oz.	1 oz.					
or Yogurt (Commercial Only)	1/2 cup	3/4 cup	1 cup					
3. Fruit and/or Vegetable	1/4 cup	1/2 cup	3/4 cup	Cooked Carrots	Fruit Cocktail	Green Salad	Mashed Potatoes	Carrots & Celery Sticks
(2 different items for a total serving.				Pineapple	Green Beans	Corn	Cooked Broccoli	Apple Slices
Serving must be at least 1/8 cup.)								
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice		Macaroni & Bread	Bread & Noodles	Rolls	Snack Crackers
Other Non-Credible Items						Ranch Dressing		Ranch Dressing
P.M. Snack								
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup		Pineapple	Apple Slices		Apple Sauce
Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.		Подри	7 PP10 011000		7 ippio 00000
				Doinin D	Crohom Crastiana	\/anilla\\/-f	Cooliis	Oro -1
Grain/Bread or Alternate Grand Cold Dry	1/2 slice	1/2 slice	1 slice	Raisin Bread	Graham Crackers	Vanilla Wafers	Cookies	Crackers
or Cereal Cold, Dry or Cereal Hot or Pasta	1/4 cup	1/3 cup	3/4 cup					
	1/4 cup	1/4 cup	1/2 cup			D. J.P.		
Other Non-Credible Items						Pudding		1

BUREAU OF LICENSING APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (11)	Tuesday (12)	Wednesday (13)	Thursday (14)	Friday (15)
Breakfast								
(Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Chocolate Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Orange Slices	Grape Fruit Slices	Apricots	Fruit Cocktail	Banana's
3. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Toast		Whole Wheat Toast	Bagels	
or Cereal Cold, dry	1/4 cup	1/3 cup	3/4 cup	10001		Whole Wheat Fodet	Dagolo	Cold Cereal
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup		Oatmeal			
Other Non-Credible Items				Butter & Jam	Brown Sugar	Butter	Cream Cheese	
A.M. Snack					J			
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Bananas	Tomato Juice		Pineapple Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.	Dananao	Cheese Sticks		1 mouppio daloo	
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Saltine Crackers	CHECSE Offices	Cold Cereal	Muffins	Animal Crackers
or Cereal Cold. Dry	1/2 slice 1/4 cup	1/2 slice	3/4 cup	Saltine Crackers		Cold Cereal	Mullins	Animai Crackers
or Cereal Hot or Pasta	1/4 cup 1/4 cup	1/3 cup 1/4 cup	3/4 cup 1/2 cup					
Other Non-Credible Items	174 Oup	174 Oup	172 oup					
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 0.00	Milk	Milk	Milk	Milk	Milk
			1 cup					
Meat/Poultry/Fish or Cheese	1 oz.	1 1/2 oz. 1 1/2 oz.	2 oz. 2 oz.	Meat Loaf	Baked Chicken	Peanut Butter & Jelly Sandwich Cheese Sticks	Sloppy Joe's	Ham & Cheese Sandwiches
or Cottage Cheese	1 oz. 2 oz.	3 oz.	2 02. 4 oz.			Cheese Sticks		
or Eggs (Large)	1/2	3/4	4 02.					
or Cooked Beans	1/4 cup	3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3 Tbl.	4 Tbl.					
or Nuts (1/2 Serving)	1/2 oz.	3/4 oz.	1 oz.					
or Yogurt (Commercial Only)	1/2 cup	3/4 cup	1 cup					
3. Fruit and/or Vegetable	1/4 cup	1/2 cup	3/4 cup	Green Beans	Mashed Potatoes	Vegetable Soup	Carrots & Celery Sticks	Broccoli & Cauliflower
(2 different items for a total serving.				Pineapple	Peas	Apple Slices	Pears	Fruit Cocktail
Serving must be at least 1/8 cup.)								
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rice	Rolls	Bread	Hamburger Buns	Bread
Other Non-Credible Items					Gravv			Ranch Dressing
P.M. Snack					,			
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup				Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apple Juice	Apple Sauce			Banana'sl
Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.		·	Cheese Sticks		
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Cereal Trail Mix	Snack Crackers	Snack Crackers	Graham Crackers	Vanilla Wafers
or Cereal Cold, Dry	1/4 cup	1/3 cup	3/4 cup	CO.CO. HOM MIN	S Ordonoro	S. ISS. Graditoro	J.a.ia.i. Ordonoro	Talling Training
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items	,							Pudding

BUREAU OF LICENSING APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (16)	Tuesday (17)	Wednesday (18)	Thursday (19)	Friday (20)
Breakfast	1-2	3-3	0-12					
(Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Apple Sauce	Baked Apples	Peaches	Apple Slices
Grain/Bread or Alternate or Cereal Cold, dry	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	English Muffins	Bagels	Waffles	Toast	Cold Cereal
or Cereal Hot or Pasta	1/4 cup 1/4 cup	1/3 cup 1/4 cup	1/2 cup					
Other Non-Credible Items	1/4 cup	1/4 Cup	1/2 Gup		Cream Cheese	Curun	Butter & Jam	
					Cream Cheese	Syrup	Dullet & Jaiii	
A.M. Snack (Serve 2 of the 4 components listed.)								
	4/0.0	4/0	4		Observator APIII			A A TU
1. Milk	1/2 Cup	1/2 cup	1 cup		Chocolate Milk			Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce			100% Fruit Juice	
Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese Sticks		
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Wheat Crackers	Graham Crackers	Snack Crackers	Vanilla Wafers	Cinnamon Biscuits
or Cereal Cold, Dry	1/4 cup	1/3 cup	3/4 cup					
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items								
Lunch								
(Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.	Turkey Slices	Beef & Cheese Soft Tacos	Chicken & Rice Casserole with	Hot Dog Boats	Tuna & Cheese Sandwiches
or Cheese	1 oz.	1 1/2 oz.	2 oz.			Cheese	25 - 24	
or Cottage Cheese	2 oz.	3 oz.	4 oz.					
or Eggs (Large)	1/2	3/4	1					
or Cooked Beans	1/4 cup	3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3 Tbl.	4 Tbl.					
or Nuts (½ Serving)	1/2 oz.	3/4 oz.	1 oz.					
or Yogurt (Commercial Only)	1/2 cup	3/4 cup	1 cup					
3. Fruit and/or Vegetable	1/4 cup	1/2 cup	3/4 cup	Corn	Lettuce	Green Salad	Mashed Potatoes	Peaches
(2 different items for a total serving.				Mashed Potatoes	Fruit Cocktail	Tropical Fruit	Cooked Mixed Vegetables	Carrots & Celery Sticks
Serving must be at least 1/8 cup.)	4/0 !:	4/0 !!		D =	Green Beans			
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rolls	Tortilla Shells	Rice	Bread	Bread
Other New Ord Philade				0	(Flour or Whole Corn)	Bread		
Other Non-Credible Items				Gravy		Ranch Dressing		Mayonnaise
P.M. Snack								
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup		Cauliflower & Broccoli			Tropical Fruit
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Turkey & Cheese Slices		
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Peanut Butter Cookies	Saltine Crackers	Snack Crackers	Blue Berry Muffins	Snack Crackers
or Cereal Cold, Dry	1/4 cup	1/3 cup	3/4 cup					
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items					Ranch Dressing			

These menus are provided as technical assistance. Providers have the option of using these menus, using CACFP menus, or using menus that have been approved by a registered dietician.

Child Nutrition R430-100-15(1)